



# Better Health Begins With You!

## Ara Lile Bere Pelu re

- 1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.**

Maje Buredi die ni iwon mefa si mokanla ti ko ni ora tabi cereal, iresi tabi pasita ni ojojumo. Fun apere, larokutu mu ogi tabi oatmeal, buredi pelu eran ati eso (sandwich) fun onjeosan, pelu iresi fun onje ale.

- 2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.**

Maje orisirisi eso pelu efo ni iwon bi marun ni ojojumo. Fun apere ole mu omi osan ni aro, je saladi fun osan, je ewa pelu isu ni asale.

- 3. Drink at least 8 glasses of pure, fresh water every day.**

Mu omi, okereju age mejo (8-glasses). Omi ti o mo ni ojojumo.

- 4. Eat lean, low-fat meats, such as chicken or fish.**

Je eran ti koni ora, bi adiye tabi ejá.

- 5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.**

Ma mu omi oyan malu ti koni ora tabi ohun to ole mu o sanran, bi omi oyan ti ati yo ora ara re kuro (skim milk), tabi yogoti ti otutu gidi.

- 6. Limit your intake of sweets and alcoholic beverages.**

Ma se mu oti a mupara, tabi ohun ti o ni iyo didun lopolopo.

- 7. Take part in some form of physical activity every day. Take a walk, dance, or play.**

Ma se awon nkan idaraya lojojumo. Marin, tabi ki o ma jo ki osi se ere idaraya ni gbagbogbo.

- 8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.**

Ma lo epo ti ase lati inu efo ati eso, tabi eyi ti ape ni canola fun onje sise dipo awon epo ti oni ora ara eran.

### Yoruba Language Version

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